

Banana Bread Squares

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat/enriched blend flour	14 oz	3 1/4 cups	1 lb 12 oz	1 qt 2 1/2 cups	1. Combine flour, sugar, dry milk, baking powder, baking soda, and salt in a mixing bowl. Mix for 1 minute on low speed. Reserve for step 3.
Sugar	8 1/2 oz	1 1/4 cups	1 lb 1 oz	2 1/2 cups	
Instant non-fat dry milk		2 Tbsp		1/4 cup	
baking powder		1 Tbsp		2 Tbsp	
Baking soda		1/2 tsp		1 tsp	
Salt		1/2 tsp		1 tsp	2. In a separate mixing bowl, combine eggs and water. Blend for 30 seconds on low speed.
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup	
OR		OR		OR	
Fresh large eggs		3 each		5 each	
Water		1/2 cup 2 Tbsp		1 1/4 cups	
Trans fat-free margarine	3 1/4 oz	1/2 cup	6 1/2 oz	1 cup	3. Add trans fat-free margarine and egg mixture to dry ingredients. Blend for 30 seconds on low

4. Beat for 1 minute on medium speed.

*Fresh bananas, peeled, mashed 13 oz 1 1/2 cups 2 Tbsp 1 lb 10 oz 3 1/4 cups

5. Add bananas and nuts (optional). Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. DO NOT OVERMIX. Batter will be lumpy.

Walnuts, chopped (optional) 3 1/4 oz 3/4 cup 6 1/2 oz 1 1/2 cups

6. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 3 lb 3 oz (1 qt 1 cup) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

7. Bake until browned: Conventional oven: 350° F for 35-45 minutes Convection oven: 300° F for 25-35 minutes.

8. Cool. Cut 5 x 5 (25 pieces). Portion is 1 piece

9. No CCP necessary.

Notes

Comments:

*See Marketing Guide

For Loaf Pans:

Pour 1 lb 9 1/2 oz (2 1/2 cups) batter into each loaf pan (4" x 10" x 4") which has been lightly coated with pan release spray. For 24 servings, use 2 loaf pans. For 48 servings, use 4 loaf pans.

Bake until lightly browned:

Conventional oven: 350° F for 40-50 minutes

Convection oven: 300° F for 30-40 minutes

Remove from pans. Cool completely. Cut each loaf into 12 slices, approximately $\frac{3}{4}$ " thick.

A new nutrient analysis will be coming. Edited July 2014. Restandardization in progress.

The grain ingredient in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Bananas	1 lb 5 oz	2 lb 10 oz

Serving	Yield	Volume
1 piece provides the equivalent of 1 slice of bread.	25 Servings: 3 lb 3 oz (batter)	25 Servings: 1 quart 1 cup (batter) 1 pan
	50 Servings: 6 lb 6 oz (batter)	50 Servings: 2 quart 2 cups (batter) 2 pans

Nutrients Per Serving					
Calories	149	Saturated Fat	1 g	Calcium	42 mg
Protein	2 g	Cholesterol	19 mg	Sodium	139 mg
Carbohydrate	26 g	Vitamin A	49	Dietary Fiber	1 g
Total Fat	4 g		unknown		
		Iron	1 mg		